

3rd Joint Meeting University of Palermo-University of Vermont

Nursing Care & Aging Well

Approach to Longevity: The role of Mediterranean Style



Aula Ascoli - Palermo, March 9, 2026, 10:30-12:30

Course director: Anna Licata

Chairs: Anna Licata & Mario Barbagallo

10,30: Welcome to Participants, **Marcello Ciaccio, Antonio Carroccio, Stefania Grimaudo, Simona De Grazia**

10.45: Early Clinical Engagement - Introducing Students to Caring for Older Adults, **Abigail Nevius**

11:00: Nursing Care of Older Adults from Mediterranean Area: the unmet needs, **Marika Lo Monaco**

11:20: Lifestyle or genetic in Older Adults from Mediterranean Area: What matters more? **Antonina Giammanco**

11:40: Longevity and physical exercise: what is the impact in healthy aging? **Ligia J. Dominguez, Francesco S. Ragusa**

12:00: Cerebrovascular risk patterns in Older Adults from Mediterranean Area, **Bruno Tuttolomondo, Mario Daidone,**

12:20: "Intergenerational Connections - Promoting an Age Friendly University". **Janelle Sarnevitz**

12:35: Discussion Forum: **Mario Giuffrè, Maurizio Soresi, Roberto Latina**

13:00: Satisfaction Survey

Università degli Studi di Palermo – Scuola di Medicina e Chirurgia

Dipartimento di Promozione della Salute, Materno-Infantile, di Medicina Interna e Specialistica di Eccellenza, “G. D’Alessandro”

Corso di Laurea in Nursing, UNIPA; Corso di Laurea in Infermieristica, UNIPA

Corso di Laurea Magistrale in Scienze Infermieristiche, UNIPA

UNIPA Scientific & Organizing Committee

Anna Licata, Stefania Grimaudo, Mario Barbagallo, Janelle Sarnevitz, Abigail Nevius

Aging Well– Mediterranean Style

Experiencing the Mediterranean culture and food pattern and studying how it contributes to longevity and healthy aging. The project will include students with an interest in healthy aging and Seniors level standing in College of Nursing and Health Sciences (CNHS) from University of Vermont.

To better understand the Aging Well-Mediterranean Style program, the nursing students of University of Palermo will be coordinated in their activities by the President of Nursing Degree.

Course Goal: Gain an understanding of the connections between the Mediterranean culture and food pattern on health and longevity, using Sicily as the model for exploration and immersion.

Faculty

Marcello Ciaccio, MD, PhD
Professor of Clinical Biochemistry and Molecular Clinical Biology
President of University of Medical School BIND,
University of Palermo, Italy

Antonio Carroccio, MD
Professor of Internal Medicine
Director of PROMISE,
University of Palermo Medical School, Palermo, Italy

Mario Barbagallo, MD, PhD
Professor of Internal Medicine and Geriatrics, PROMISE,
Director of DAI
University of Palermo Medical School, Palermo, Italy

Anna Licata, MD Professor of Internal Medicine,
Vice Coordinator of the CDS in Nursing,
Deputy of the Department for Equal Opportunities,
PROMISE, University of Palermo Medical School, Palermo, Italy

Simona De Grazia, Ph.D
Professor of Clinical Microbiology
Deputy of Department for Internationalization Activities PROMISE,
University of Palermo Medical School, Palermo, Italy

Stefania Grimaudo, Ph.D Professor of Biology and Genetics
Coordinator of Nursing Degree
University of Palermo Medical School, Palermo, Italy

Abigail Nevius MSN, RN,
Clinical Assistant Professor
College of Nursing and Health Sciences, Burlington, University of Vermont, US

**Janelle Sarnevitz, MSN, RN, MEDSURG BC,
Clinical Assistant Professor & Doctor of Nursing Practice Student
College of Nursing and Health Sciences, Burlington, University of Vermont, USA**

**Antonina Giammanco, M.D., Ph.D
Associate Professor of Internal Medicine PROMISE,
University of Palermo Medical School, Palermo, Italy**

**Marika Lo Monaco, PhD,
Researcher Assistant Professor of Nursing PROMISE,
University of Palermo Medical School, Palermo, Italy**

**Ljgia J Dominguez, MD Ph.D
Professor of Internal Medicine,
Scienze Psicologiche, Pedagogiche, dell'Esercizio Fisico e della Formazione
University of Palermo, Italy**

**Francesco Saverio Ragusa, MD
Unit of Geriatrics, DAI
AOU Policlinico "P. Giaccone", Palermo, Italy**

**Antonino Tuttolomondo, MD, Ph.D
Professor of Internal Medicine, PROMISE,
University of Palermo Medical School, Palermo, Italy**

**Mario Daidone, M.D.
Research Assistant Professor of Internal Medicine PROMISE,
University of Palermo Medical School, Palermo, Italy**

**Mario Giuffrè M.D.
Professor di Pediatrics
Coordinator of Master's Degree in Nursing and Midwifery
PROMISE, University of Palermo Medical School, Palermo, Italy**

**Maurizio Soresi, MD
Professor of Internal Medicine
Deputy of Didactic Activities, PROMISE
PROMISE, University of Palermo Medical School, Palermo, Italy**

**Roberto Latina, Ph.D
Associate Professor of Nursing
Coordinator of Degree in Nursing and Midwifery
PROMISE, University of Palermo Medical School, Palermo, Italy**